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KA-CHING!
A LITTLE VIGILANCE AT TAX TIME MEANS MORE DOLLARS FOR YOU {page 13}

IN TOUCH
KIEFER SUTHERLAND TACKLES CEREBRAL ROLE IN NEW SERIES {page 8}

WINNIPEG metro®
Tuesday, January 24, 2012
www.metronews.ca
News worth sharing.

KYLE DRATOWANY/FOR METRO

Winnipeggers tweet it clean

Top 4 dirty tweeters among Canadian cities are from southern Ontario 5 least vulgar are from the West, new survey says

SHANE GIBSON
@METRONEWS.CA

Well, dang it.

A review of more than one million tweets from Canada's 15 largest urban areas ranks Winnipeg at No. 9 out of the 10 most vulgar tweeting cities in the country.

The review, by London, Ont.-based marketing agency tbk Creative, looked at how often three expletives — f&@K, sh*t and da#%it — were used on Twitter, and Winnipeg keeps it clean with just 0.44 per cent of our tweets containing the naughty words.

"We aggregated all the tweets that contained various city terms and then looked at the tweets that had one of the three swear words," said Andrew Schiestel, a senior partner at tbk Creative. "We made it relative by dividing that pool of swear-word tweets by the total number of city-related tweets."

Brampton, Ont., topped the list with 1.41 per cent of its tweets containing vulgarities, and Ottawa rounded off the list in 10th place with just 0.43 per cent of its tweets going blue.

Top 10

1. Brampton, Ont.: 1.41%
2. Hamilton, Ont.: 0.90%
3. London, Ont.: 0.70%
4. Toronto: 0.62%
5. Laval, Que.: 0.56%
6. Montreal: 0.51%
7. Halifax: 0.50%
8. Quebec City: 0.46%
9. Winnipeg: 0.44%
10. Ottawa: 0.43%

Winnipeg Centre MP and local Twitter etiquette expert Pat Martin — whose colourful tweets aimed at the Conservative government and their budget made national headlines in November — said he wasn't surprised to see Winnipeggers ranking on the cleaner side of the dirtiest Twitter users.

"It speaks to good breeding. We were all brought up well here in Winnipeg, although I'm personally doing my best to drag the average down, I suppose," he laughed, noting most people use asterisks in place of the letters. "Nobody likes the overuse of expletives because they become meaningless — save it up until you really mean it so it's got some weight and power behind it.

"For instance, I can never do it again. I've used up my one shot in terms of hurling expletives."

What the #%@!

We asked Twitter: Are 'Peggers more polite?

- **@BrotherCrothers:** depends if its election time or not!
- **@98PercentChimp:** Screw you!
- **@Paul_Hesse:** Tweeters are certainly more polite than the average person who leaves comments on newspaper websites!
- **@ LokaBoutique:** Indeed! Good old Prairie folk in these parts TY very much.

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On the web at metronews.ca

Things have been looking up for North American markets thus far in 2012. Allan Small explains why at metronews.ca/investing

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Polar bear centre opens at Assiniboine Park Zoo

- **Centre to not only house polar bears, but allow researchers to do their work**
- **Building structured into areas for bears, keepers, researchers and visitors**

ELISHA DACEY
@METRONEWS.CA

ELISHA DACEY/METRO

▶ Visitors try out some of the interactive components of the new International Polar Bear Conservation Centre.

A massive polar bear exhibit taking shape at the Assiniboine Park Zoo came one step closer to completion Monday.

The grand opening was held for the International Polar Bear Conservation Centre (IPBCC), called a "world-class" facility for polar bear researchers and conservationists.

"(The centre) is extremely important," said Churchill Mayor Mike Spence, who was in Winnipeg for the opening. "It brings Churchill a little closer to Winnipeg."

The centre, part of the 10-acre redevelopment of the old bear exhibit at the zoo, is only one component of the entire Journey to Churchill exhibit, but it may arguably be the most important one. The centre is where polar bear cubs will be treated and fed when they first arrive and where they will be cared for once they're here.

"We can handle up to 10 or 12 polar bear cubs (at the centre)," said Tim Sinclair-Smith, director of zoological operations, adding orphaned or abandoned polar bear cubs found in northern Manitoba will be transported to the zoo for care. They may also be transported to other accredited zoos, such as the San Diego Zoo, which had a representative at the opening.

The centre includes several indoor and outdoor polar bear pens, classroom space, interactive educational displays and laboratory space. The centre will also be home to the Winnipeg branch of Parks Canada's Wapusk National Park administration office.

Wapusk National Park is located just south of Churchill.

"For our students to get the chance to learn about the bears … this gives them the chance to become engaged, to do something about it," said Spence.

Bear pens get upgraded

Churchill has a holding facility for wayward polar bears, nicknamed Polar Bear Jail. The pens at the IPBCC are similar, but are a little more state-of-the-art, said Tim Sinclair-Smith.

For example, while guillotine-type doors are still used, there's now a safety measure that locks the door six inches above the ground to prevent paw or tail injury, said Sinclair-Smith.

There are several pens, all of which have access to each other through a network of doors and alleyways, as well as the outdoor pens.

All the former bear pens have been renovated and now use steel and other bear-proof materials.

METRO

For more local news visit metronews.ca/winnipeg

ELISHA DACEY/METRO

▶ Tim Sinclair-Smith shows off the new indoor polar bear pens.

Local filmmakers reach new heights

The Winnipeg makers of Indie Game, a documentary about independent video game designers, say they're thrilled to have sold the concept to HBO and Scott Rudin, the producer behind mega films like The Girl with the Dragon Tattoo, Moneyball, The Social Network and There Will Be Blood.

The film recently premiered at the Sundance Film Festival and the rights to adapt the idea for TV were quickly snapped up.

Filmmakers Lisanne Pajot and James Swirsky raised a good chunk of the money to make their documentary on the crowdfunding website Kickstarter.com.

The duo asked the web community for $50,000 but ended up collecting nearly $100,000 from enthusiastic supporters.

Indie Game and two other Canadian titles are among the 12 films in the running for the World Cinema Documentary Competition at Sundance.

Yung Chang's China Heavyweight, chronicling the rise of boxing in China, and Jennifer Baichwal's Payback, based on Margaret Atwood's bestselling book Payback: Debt and the Shadow Side of Wealth, are also competing.

The festival runs in Park City, Utah, through Jan. 29.

THE CANADIAN PRESS

Elmwood home becomes target of gunfire: Police

Cops responded to sound of shots in the 500 block area of Herbert Ave.

SHANE GIBSON
@METRONEWS.CA

SHANE GIBSON/METRO

▶ Measuring tape could be seen around a large hole in a window in the 500 block of Herbert Avenue on Monday morning.

An Elmwood-area home was the latest target of gunfire in Winnipeg over the weekend, police said.

Members of the Winnipeg Police Service responded to the sound of shots in the area of the 500 block of Herbert Avenue around 11:30 p.m. Sunday.

While neighbours in the area told a Metro reporter on Monday morning that they hadn't heard any disturbances the night before, police say they located evidence of a firearm discharge in the area and measuring tape could be seen around a large hole in the window of a home.

Police could not say if anyone was home at the time of the shooting.

No injuries have been reported and members of the major crimes unit continue to investigate.

Anyone with information regarding the incident is asked to contact investigators at 986-6219 or Crime Stoppers at 786-TIPS (8477).

Suspect escapes police custody

CONTRIBUTED

▶ Stephane Martin Bissonnette

A man awaiting trial for robbery and firearm offences escaped police custody at a Winnipeg hospital over the weekend.

Winnipeg police are on the lookout for 29-year-old Stephane Martin Bissonnette, who got away from Provincial Remand Guards at the Health Sciences Centre at approximately 9 p.m. on Sunday.

Members of the major crimes unit are investigating and anyone with information regarding Bissonnette's whereabouts is asked to contact investigators at 986-6219 or Crime Stoppers at 786-TIPS (8477).

SHANE GIBSON

News in brief

Groups opt out of Indian Act sections

Long Plain and Buffalo Point First Nations are the first in Canada to begin opting out of the 34 land-related sections of the Indian Act.

The federal government announced Monday the two Manitoban First Nations were selected to join the First Nations Land Management Regime, a plan that aims to see First Nations assume greater control over their reserve land and resources.

The federal government has committed to reallocating up to $20 million over two years to respond to the growing interest from First Nation leaders in participating in the First Nations Land Management Regime.

"For First Nations to be recognized as governing jurisdictions with their own decision-making powers is the desire of First Nation communities across this country," said Westbank First Nations chief Robert Louis.

SHANE GIBSON

News in pictures

PHOTOS
1.GETTY
2. CONTRIBUTED
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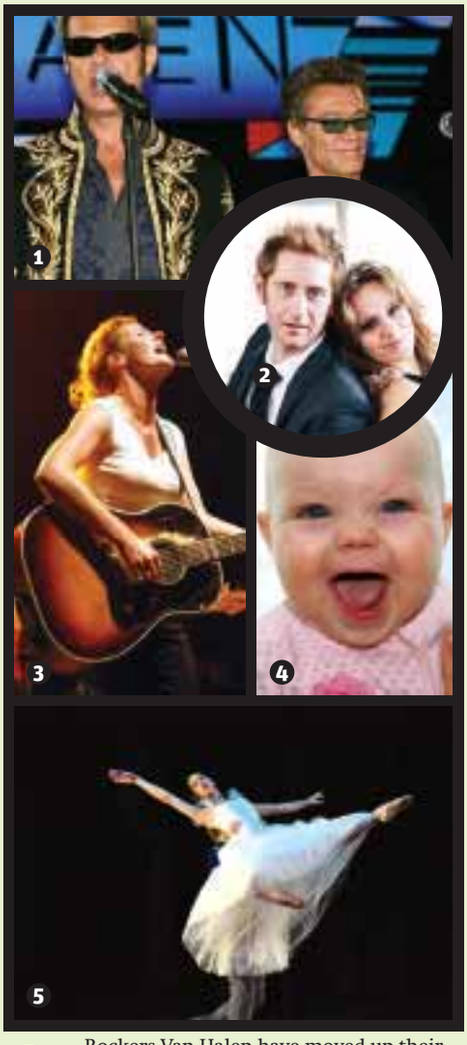
4. METRO FILE
5. ELISHA DACEY/METRO



1 Rockers Van Halen have moved up their tour date to Winnipeg, now playing the MTS Centre on May 13. Their openers? Kool and the Gang. Tickets go on sale Saturday at Ticketmaster.

2 Local country/folk act Keith and Renee were announced as the opening act for Jann Arden. They will play Winnipeg on Feb. 29 at Pantages Playhouse.

3 Singer/songwriter Kathleen Edwards will be playing the Garrick Centre on April 14 at 8 p.m. Tickets go on sale Friday at Ticketmaster.

4 A local research team, headed by Terry Klassen of the Manitoba Institute of Child Health, was honoured Monday by the Canadian Institutes of Health Research and the Canadian Medical Association Journal for its research into how children were received at emergency departments in rural and urban hospitals.

5 The Royal Winnipeg Ballet is finishing up its audition tour with a final stop in Winnipeg on Feb. 5. Those interested can call 957-3467.

Clement lied about G8: NDP

Treasury Board president calls concerns 'NDP drive-by slime'

The New Democrats are calling on Tony Clement to turn himself in to the police after disclosing documents that they say show that he lied and covered up his role in dispensing a $50-million G8 "slush fund" in 2010.

New Democrat MP Charlie Angus issued the call Monday based on new documents that contradict Clement's insistence that he was not involved in choosing which projects to spruce up in his riding would get funding.

The Treasury Board president responded via Twitter: "As usual NDP confusing recommending with choosing," Clement wrote.

Clement's spokeswoman later said that Angus was recycling the well-known fact that Clement "recommended projects" to the infrastructure minister, who had sole authority to decide which projects would get federal cash.

THE CANADIAN PRESS

Angus' remarks

- "He told the Canadian people, 'If anybody could ever prove that I would do that, I'd turn myself over to the cops.' Well, Tony, what about it?" NDP MP Charlie Angus said yesterday.
- "It's clear that a cover-up happened and the auditor general was misled," Angus added.

Southern. Storms

▶ John Braswell, right, Joe Braswell, centre, and Andrew Hughes, pastor of Beardon Methodist Church, remove fallen trees from a car in Fordyce, Ark., on Monday. Strong storms struck the area late Sunday.

DANNY JOHNSTON/THE ASSOCIATED PRESS

Wild weather wallops Alabama

A storm system that hit Arkansas Sunday night moved on to Alabama Monday, with violent weather and possible tornadoes leaving dozens of people injured and killing at least two, including a man who lived in an area devastated by a deadly twister outbreak in the spring.

Radiation from speedy solar flare bombarding Earth

The sun is bombarding Earth with radiation from the biggest solar storm in more than six years, with more to come from the fast-moving eruption.

The solar flare occurred late Sunday and will hit Earth with three different effects at three different times. The biggest issue is radiation, according to the National Oceanic and Atmospheric Administration's (NOAA) Space Weather Prediction Center in Colorado.

The radiation is mostly a concern for satellite disruptions and astronauts in space. It can also cause communication problems for polar-travelling airplanes, said space weather centre physicist Doug Biesecker.

Radiation from Sunday's flare arrived at Earth an hour later and will likely continue through Wednesday. Levels are considered strong but other storms have been more severe. There are two higher levels of radiation on NOAA's storm scale — severe and extreme — Biesecker said.

NASA's flight surgeons and solar experts examined the solar flare's expected effects and decided that the six astronauts on the International Space Station do not have to do anything to protect themselves from the radiation, spokesman Rob Navias said.

Scientists watching the sun with a new NASA satellite launched in 2010 — during the sun's quiet period — are excited.

"We haven't had anything like this for a number of years," said Antti Pulkkinen, a physicist at NASA's Goddard Space Flight Center in Maryland. "It's kind of special."

THE ASSOCIATED PRESS

NASA/THE ASSOCIATED PRESS

▶ This NASA image, taken Sunday night, shows a solar flare erupting on the sun's northeastern hemisphere.

150M

The radiation — in the form of protons — came flying out of the sun at 150 million km/h.

Man charged after snowmobile chase

An Alberta man was due in an Ontario court Monday to face charges stemming from a snowmobile chase involving police.

Provincial police say officers tried to stop a snowmobile carrying an adult and a child northwest of Peterborough, Ont., on Saturday because neither was wearing a helmet.

Police say the snowmobile sped off, reaching more than 100 kilometres per hour, with police in pursuit.

The snowmobile stopped at a trailer at the Bailey's Bay Resort and the driver fled, leaving behind the five-year-old child, who was not injured.

The suspect was apprehended inside a trailer after a scuffle during which he was pepper sprayed.

Scott Milton McKenzie, 25, of Fort McMurray faces numerous charges.

THE CANADIAN PRESS

War-crimes suspect deported

A man accused of crimes related to the Rwandan genocide has been deported from Canada.

Rwanda's Foreign Minister Louise Mushikiwabo confirmed on Twitter that Leon Mugesera was on a plane bound for Rwanda.

He is among the first western refugee claimants to be sent back to Rwanda to face charges related to the 1994 massacre.

A former Rwandan political operative, Mugesera delivered a fiery anti-Tutsi speech in the leadup to the genocide.

THE CANADIAN PRESS

RYAN REMIORZ/THE CANADIAN PRESS

▶ Leon Mugesera

Former navy medic faces new sex charges

More than a dozen new charges have been laid against a former Canadian navy medic who was convicted last fall of sexually assaulting a young recruit.

James Wilks, a former petty officer second class, faces four new counts of sexual assault and 10 counts of breach of trust for alleged acts committed while performing physical exams on Canadian Forces recruits and serving members.

The new allegations relate to medical exams performed between 2002 and 2009.

Wilks, 51, was sentenced in December to nine months in jail on one count of sexual assault and four counts of breach of trust relating to crimes committed in London and Sarnia, Ont.

THE CANADIAN PRESS

Court-martial urged in soldier's alleged hazing, suicide

Eight soldiers charged in death of American infantryman who shot himself on tour in Afghanistan

U.S. ARMY/THE ASSOCIATED PRESS

▶ Pte. Danny Chen, 19, shot himself on Oct. 3, 2011, after weeks of alleged abuse in Kandahar, Afghanistan.

An investigative hearing has recommended that an American soldier be court-martialed over hazing that allegedly led to a fellow infantryman's suicide in Afghanistan, but dismissed the most serious charge against him, the U.S. military said Monday.

Specialist Ryan Offutt is one of eight soldiers charged in the death of 19-year-old Pte. Danny Chen, who shot himself last October after what investigators say were weeks of physical abuse, humiliation and racial slurs.

A native New Yorker of Chinese descent, Chen had been in Afghanistan only two months when he shot himself in a guardhouse at an outpost in Afghanistan's Kandahar province.

The investigative hearing recommended that Offutt, 32, be court-martialed on charges including assault, negligent homicide and reckless endangerment, a statement from the U.S. military said.

It said the hearing, which ended Sunday, did not recommend trial for an additional charge of involuntary manslaughter.

The most serious charge Offutt now faces is negligent homicide, which carries a prison sentence of up to three years.

The regional American military commander will make a final decision based on the hearing's recommendations.

THE ASSOCIATED PRESS

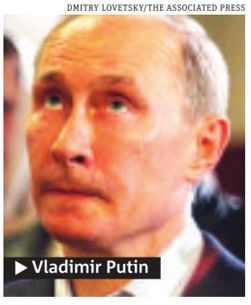
Investigation

- Chen's family has said investigators told them that Chen was subjected to racial slurs and forced to do excessive sit-ups, push-ups and sprints.
- Seven other members of Chen's unit will face similar hearings over the next month at Kandahar Air Field, the base for U.S. operations in the south.

Putin is messenger of God, says cult leader

TANYA SIDORCHENKO
IN MOSCOW

DMITRY LOVETSKY/THE ASSOCIATED PRESS



▶ Vladimir Putin

An icon of "Saint" Vladimir Putin has begun to ooze myrrh, a religious cult leader in central Russia claims.

The Putin-worshipping cult in Nizhny Novgorod, led by former convict Svetlana Frolova, now known by followers as Mother Fotinya, believes this to be a heavenly sign of God's presence of Earth.

"Attention! Starting from Thursday, the icon of Vladimir Putin has been renewed and is seeping myrrh," a statement read on the cult's website. "God is giving us signs of His gracious presence."

In the Russian Orthodox Church, myrrh streaming out of icons, as well as the renewal of icons, are considered to be miracles.

On her cult's website, Frolova added that the Russian prime minister is on a mission "to rechristen our pagan country." She also considers him to be the embodiment of Russia's first ruler from medieval times, Vladimir the Great, and of the apostle Paul.

Mother Fotinya

- The cult leader is allegedly related to the 59-year-old prime minister — albeit in another lifetime.
- Reports allege that Frolova's sect, founded in 2005, was set up so followers could transfer their assets into her account.

Obama to 'hang' in chatroom

U.S. President Barack Obama plans to "hang out" in a video chatroom to answer questions about his State of the Union address, part of a White House effort to test new social networking tools and the latest evidence of the growing intersection of social media and politics. THE ASSOCIATED PRESS

Study finds anti-Jewish attitudes

A new study by a Germany-appointed commission shows 20 per cent of Germans harbour "latent" anti-Semitism, but anti-Jewish crimes are almost exclusively committed by the far right. The study puts Germans in the middle of the pack in Europe.

THE ASSOCIATED PRESS

Hungary dismisses report

Italy says Hungarian authorities have dismissed as "groundless" a report that an unregistered Hungarian woman was aboard the Costa Concordia cruise ship when it capsized. The statement said the person calling in the report gave a false name of someone who had died three years ago. THE ASSOCIATED PRESS

MCNAUGHT'S FINAL 2011 NEW VEHICLE CLEARANCE

GMC Sierra Crew Cab SLT
Was $62,165 Now $47,980
White Diamond edition (demo)
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Cadillac SRX Turbo
Was $63,885 Now $55,980
AWD, fully-loaded Stock# 11309-0

Cadillac CTS Luxury Coupe
Was $57,785 Now $50,880
Demo, fully-loaded incl. Navigation
Stock# 11663-0

Buick Regal Turbo
Was $44,225 Now $35,980
Demo, fully-loaded incl. Navigation
Stock# 11597-0

Buick Lucerne CXL
Was $41,495 Now $33,980
Leather int, brand-new, 48m warranty
Stock# 11615-0

Buick Lacrosse CXL AWD
Was $47,685 Now $40,980
Lux pckg, Sunroof, new, 48m warranty
Stock# 11660-0

GMC Acadia AWD SLT2
Was $63,425 Now $52,980
Full-load incl. Navigation, Sunroof, DVD
Stock# 11160-0

Cadillac Esclade EXT AWD
Was $89,785 Now $71,980
Demo, full equipped, Navigation, 22" rims
Stock# 11506-0

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New RIM CEO in hot seat

Analysts, investors wonder if Heins will lead company or prepare to sell He wants to improve product roll-out, customer communications

After being appointed to lead the troubled BlackBerry-maker Research in Motion, newly minted CEO Thorsten Heins is already under fire.

Takeover talk began circulating Monday as investors and analysts pondered whether the little-known Heins had been appointed to lead a RIM turnaround or prepare it for sale.

Heins made it clear he wants RIM to do a better job rolling out new products on time and improving communications with customers. He also indicated he will be steering a course set largely by founders and former CEOs Mike Lazaridis and James Balsillie, who resigned on Saturday.

"If Thorsten really believes that there are no changes to be made, he will be gone within 15 to 18 months. He will be a transitional CEO and this will be a transitional board," said Jaguar CEO Vic Alboini, who leads an informal group of 16 RIM shareholders. Alboini criticized keeping Balsillie and Lazaridis on RIM's board and called for several board members to step down before the company's mid-year annual meeting.

Queen's University business Prof. John Pliniussen doesn't feel Heins is the right choice to turn RIM around. "It's the right move but the wrong guy. He's been there four years and is part of the reason behind RIM's underwhelming product and marketing missteps," said Pliniussen.

RIM has seen its fortunes plunge as it lost market share. RIM's problems were made worse by disappointing sales of its PlayBook tablet and a global four-day BlackBerry service outage last year. TORSTAR NEWS SERVICE

Market moment

PRICES AS OF 5 P.M. MONDAY

TSX	Dollar
+ 124.61 (12,521.70)	+ 0.57¢ (99.27¢ US)

Oil	Natural gas	Gold
+ $1.25 US ($99.58 US)	$2.525 US (+ 18.2¢ US)	$1,678.30 US (+ $14.30 US)

Heins' history

- Heins, born in 1957, is not a well-known quantity. He joined RIM in December 2007 as a senior vice-president for hardware engineering and became chief operating officer for product and sales in August.
- The 54-year-old native of Munich joined the German engineering group Siemens AG straight out of university in 1984, the year RIM was founded in Waterloo, Ont. He holds a master's degree in science and physics.
- Prior to joining RIM in 2007, Thorsten was chief technology officer of Siemens' communications division.

CONTRIBUTED

Thorsten Heins has been named president and chief executive officer at Research in Motion.

RETAIL SALES ACCOUNT MANAGER

Metro Winnipeg is seeking a Retail Sales Account Manager to achieve regional targets for both print & online, plus page yields, by developing and growing an existing retail sales territory. As part of a highly cohesive sales team and reporting to the Sales Manager, Metro Winnipeg the successful candidate would have the following:

PRIMARY RESPONSIBILITIES:

- Manage an assigned retail sales territory and acquire market knowledge by becoming involved in the territory's community
- Design advertising programs to match clients' objectives
- Prospect for new accounts by soliciting new business in the marketplace
- Creatively negotiate rates in accordance with Metro's guidelines and restrictions
- Sell a portfolio of Metro branded products
- Keep clear and accurate customer files in Metro's CRM

REQUIREMENTS OF THE POSITION:

- Post secondary degree or diploma in a related field preferred
- At least 3 yrs experience in retail sales, media sales is an asset
- Valid drivers license and a vehicle
- Proficient in Microsoft Office including PowerPoint, Excel, Word & Outlook
- Attention to detail and thoroughness in the execution of tasks
- Creative, efficient, flexible, entrepreneurial, collaborative & detail oriented
- Strong communication abilities: writing, presentation and design
- Proven track record in profitable selling

Individuals interested and having the skills described are requested to submit their resume and cover letter via email to hr@metronews.ca no later than January 31, 2012.
PLEASE QUOTE: "Retail Sales Account Manager - Winnipeg" in the subject line.
All submissions will be treated as confidential.

metro

Harper eyes exports at World Economic Forum

JEAN-CHRISTOPHE BOTT/THE ASSOCIATED PRESS

Members of the Occupy WEF movement build an igloo at their campsite before the 42nd annual World Economic Forum in Davos, Switzerland.

Prime Minister Stephen Harper is off to the international economic thinkfest in Davos, Switzerland, this week, where he will reiterate Canada's desire to diversify its trade, especially its oil exports, said his spokesman Andrew MacDougall.

"It's important to us now that a road has been blocked in the States," MacDougall said, referring to the recent Keystone XL pipeline decision. MacDougall did not mention China specifically, but said Harper is eyeing emerging markets in particular.

Meanwhile, now the Occupy movement has come to the World Economic Forum, an annual gathering of 2,600 decision-makers from nearly 100 countries and hundreds of companies that starts Wednesday.

VIPs in Davos are usually sheltered from critics. This year, the global question-the-establishment wave has brought in a small band of protesters, with an igloo-and-yurt camp and anti-capitalist entreaties ready to greet the big bosses of business and world politics. THE ASSOCIATED PRESS

Digital music sales stuck: Lobby group

A report by the global music industry lobbying group says the growth in digital revenues remains stuck in the single figures. The International Federation of the Phonographic Industry blames piracy and government sluggishness. Independent media analyst Mark Mulligan says that in Britain and the United States, "we've already lost half of the music market in the past 10 years." THE ASSOCIATED PRESS

8%

A report says digital revenue has risen by eight per cent over the past year, but one analyst says that isn't nearly enough to make up for the decline in sales elsewhere.

THE AT-HOME WORKOUT FROM HELL

SHE SAYS ...

JESSICA NAPIER
METRO

Have you ever seen those people running outside in the depths of winter? You know, the ones huffing and puffing along icy sidewalks while wearing full-face masks and chains on their sneakers. I refuse to be one of those people and as such, I've had to bring my workout routine indoors.

Since I also refuse to sign up for a gym membership — I've probably signed up and dropped out of every fitness facility within a 30-kilometre radius of my apartment — I decided that this winter I would embrace the at-home workout DVD.

Have you ever done an exercise video in your living room? No matter how reputable your workout of choice is, you will always feel like a complete moron.

These fitness DVDs take place in an entirely different kind of reality. Filmed in fluorescent studios and exotic tropical locations, they feature super-human instructors whose bodies look as if they've been chiseled out of spray-tanned marble. They have terrifying titles like INSANITY! and promise to RIP AND SHRED YOUR BODY, as if those are actually desirable outcomes.

"Filmed in fluorescent studios and exotic tropical locations, they feature super-human instructors whose bodies look as if they've been chiseled out of spray-tanned marble."

Despite my initial reservations, I decided to give it a shot.

I don't own a television but I do own a $1,500 MacBook Pro (priorities, people). I agonize over finding the best location to set up my laptop — desk, chair, ottoman? It doesn't really matter because I still end up spending the next 50 minutes tilting the screen back and forth as I hop around my living room.

Despite his retro appeal, there is no place for Richard Simmons in today's modern home-video exercise world. My 2012-ready instructor is a hard-bodied blond dressed in a pink camo-print sports bra. She flaunts her Britney Spears' circa-2001 abs as she leads me through a sequence of torturous exercises.

Forgetting that I am in a basement, I almost break a finger as I whack my hand on the low ceiling while performing a series of "power jacks," a maniacal cousin to the traditional jumping jack.

When the instructor's unremitting perkiness becomes too much, I drown her out with my own inner monologue. Am I engaging my core right now? What does that even feel like? Is that my phone? Will my apartment smell like sweat after this?

Finally, the instructor utters the two most beautiful words in the English language: "Cool down." As I stretch out on my yoga mat, I find myself wondering where I could pick up some of those chains for my running shoes.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

Should the porn industry be forced to use condoms?

75% YES, IT'S A WORKPLACE SAFETY ISSUE

0% SOMEWHAT, PORN COMPANIES SHOULD BE FORCED TO LET EMPLOYEES CHOOSE

25% NO, IT SHOULD BE UP TO THE EMPLOYER

Local tweets

- **@prairiedaun:** if Letang is replacing Byfuglien, does Winnipeg get to send another representative? we don't even have a rookie to send instead.
- **@MrMattMoskal:** Winnipeg, Manitoba: Where it's either too hot in your apartment or too hot for your winter coat outside.
- **@itsryanreyes:** Evander Kane didn't get punched-out at Republic or Whiskey Dix. Concussion-like symptons were reported Friday morning. #Winnipeg
- **@__SerenaAnn:** I get bored easy.. Hence why I am on twitter and not doing work
- **@TrueDavidH:** You know you're a dedicated tweeter when your doing it in the shower ;) lol.
- **@KimBabij:** New #RIM CEO & Prez Thorsten Heins says he'll listen to the ppl and give them what they want. Yeah, Thorsten, they want an iPhone. Have fun.

Daily Zoom

DAVID PARRY/PA

Rise of the fake sun

'Sun' brightens winter morning

LONDON. Dawn broke an hour early in central London after a fake "sun" was raised to beat the Monday morning blues. Onlookers took to deck chairs to bathe in glowing light as the installation over Trafalgar Square began at 6:51 a.m. It didn't set until 7:33 p.m., giving the square three more hours of "daylight."

"There are very few moments more spectacular and uplifting than watching an early morning sunrise."
ANDREW SHOBEN, FOUNDER OF ARTISTS' COLLECTIVE GREYWORLD, WHICH IS BEHIND THE "TRAFALGAR SUN," A WORK COMMISSIONED BY FRUIT JUICE GROUP TROPICANA

Trafalgar Sun

- **Is 30,000 times the size of a soccer ball.** It has a surface area of 200 m², and weighs over 5,500 pounds. A crane was used to hold the orb in air.
- **Worth 60,000 light bulbs.** The sun's internal core produces four-million lumens of light.
- **Time to wait for sunrise.** Greyworld took six months to create the installation.

DAVID PARRY/PA

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2 scene

Kiefer's new touch

Kiefer Sutherland tackles a more cerebral role in the new series Touch
But Touch has its own action — a boy with a gift for predicting the future

IAN JOHNSTON
SCENE@METRONEWS.CA

HANDOUT PHOTO

▶ Kiefer Sutherland returns to TV with the new series Touch.

Kiefer Sutherland says he wasn't looking to come back to TV so soon after his eight-season, Emmy-winning stint on 24. But then he read the script for Touch.

"It wasn't really a choice," says Sutherland, who was starring in a Broadway play at the time. "It was around page 30, I remember going dammit! I just knew I'd be so remiss if I didn't do it."

The series, from Heroes creator Tim Kring, definitely stands out from the usual TV crowd. On one level, it's a drama of a father, Martin (Sutherland), who is attempting to reach his autistic, mute son Jake.

But it's also a science fiction tale — in that Jake possesses an ability to make numerical connections that seem to predict future events in the world. Interpreting what those numbers might mean soon becomes Martin's full-time job. For Sutherland himself, the show is essentially about family. "I've always felt it was a drama," Sutherland says. "You're embarking on a journey of a father trying to connect to his son. That's at the heart of the show."

But will fans of Sutherland's shoot-first-talk-later character Jack Bauer on 24 be convinced to watch the more cerebral Touch?

"Well, we're not blowing things up. But I think there's enough excitement around the show. There's a great deal of suspense in not knowing what (Jake's) numbers are," he says.

Sutherland even sees parallels between his 24 character and Touch's more down-to-earth Martin. "Jack Bauer was faced with unbelievable circumstances to overcome. And by the end, you realize this guy's never going to win. On Touch, you realize Martin is never going to have that quintessential father/son relationship with his son, and yet he too perseveres."

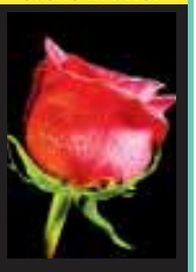
Touch premieres Wednesday at 9 p.m. (ET) on Global.

Martin Bohm vs. Jack Bauer

How does Kiefer Sutherland's new character in Touch, Martin Bohm, compare to 24's Jack Bauer?

- **Similarities — both men have children they're trying to protect:** Martin Bohm's 11-year-old son, Jake, has trouble connecting with people emotionally and Martin yearns to shield him from the judgmental world. Kim, Jack Bauer's daughter, needs to be kept safe from the numerous terrorists who are looking to harm her as a way to hurt Jack.
- **They're both widowers:** Martin's wife met an untimely death when she was working in the World Trade Center during the September 11 terrorist attacks. Jack's wife, Teri, was killed at the hands of double agent Nina Myers.
- **Differences — they live on opposite sides of the country:** Martin and his son are located in New York. Jack, although rarely in one place for long, resides in L.A.
- **They are in different lines of work:** Although Martin currently works as a baggage handler at JFK Airport, his previous career was as an investigative reporter for the Herald. Jack worked for the Los Angeles Counter Terrorist Unit, in some capacity or another.

Scene in brief



Get ready for The Bachelor, Canadian-style. Citytv says the popular reality series is coming north of the border and is scheduled to launch on the network this fall. A search for "rose-loving Canadian bachelorettes" who want to appear on the nine-episode series begins today at Citytv.com. Shooting for The Bachelor Canada is slated to begin in the spring. The American version is currently in its 16th season. Bachelor host Chris Harrison is in Toronto today to promote the new series.
THE CANADIAN PRESS

Scan this code or visit metronews.ca/Oscars to watch Tuesday's live telecast of the Academy Award nominations.

DVD reviews

Buy it ◍◍◍◍◍ | Rent it ◍◍◍◍ | Borrow it ◍◍◍ | Yawn ◍◍ | Don't bother ◍

Drive
Genre: Drama
Director: Nicolas Winding Refn
Stars: Ryan Gosling, Carey Mulligan, Bryan Cranston
◍◍◍½

You might not notice the car he drives on the streets of Los Angeles — a bland Chevy Impala — but you won't be able to take your eyes off Ryan Gosling in Drive. Gosling, playing a Hollywood stunt driver who moonlights as a wheelman for criminals, rocks like a young Steve McQueen or Robert De Niro.

Gosling's character, known only as Driver, has only two rules for the crooks who employ him. He'll wait five minutes and five minutes only for them to do their dirty work and hop back inside his Impala to evade the cops. And he doesn't carry a gun. Driver has almost supernatural skills behind the wheel, and he's got the "sang froid" to match. At least until his violent streak is activated — watch out for those boots.

But there's more to Driver. He's a romantic at heart, with his eye on his neighbour, Irene (Carey Mulligan), a single mother who needs his help. He'll do anything to assist her, and anything is really something, especially when best-laid plans turn sour.

Director Nicolas Winding Refn (Valhalla Rising) has created a film of oil, blood and bone that's not for the easily offended.

Extras include several making-of featurettes.

PETER HOWELL

Paranormal Activity 3
Genre: Horror
Directors: Henry Joost and Ariel Shulman
Stars: Chloe Csengery, Jessica Tyler Brown and Christopher Nicholas Smith
◍◍½

The makers of this creepy cash cow happily resisted the impulse to call this "prequel threequel" something awkward like Paranormal Activity: The Awakening.

They've kept it simple with a lean running time of 81 minutes. Even better, they didn't try to overload it by making it Paranormal Activity 3-D.

Instead, co-directors Henry Joost and Ariel Schulman (they also teamed for Catfish) kick it old school by moving most of the action to 1988. There they to flesh out an evolving story about the poltergeist antics of the first two movies, which take place about 15 to 20 years later.

This is the rare third film that is arguably better than its predecessors.

Call PA3 the thing that goes ka-ching in the night. Extras include the unrated version of the film and "lost tapes" additional content.

PETER HOWELL

Celebrity tweets

Dear Auto Correct, Duck you. Sincerely, Everyone

@Alyssa_Milano

@kathynajimy

want a great idea for a good invention? swollen feet you can screw off at the end of the day and store on the shelf.

@SteveMartinToGo

Waiting for call asking me to do halftime show at Superbowl with solo banjo. How will I control fans rushing stage? Details to work out.

@DonaldGlover

watchin french children's show explain how to make a homemade alarm for your sack lunch. If it was in black & white, it'd be a masterpiece

Simon says the wedding is off

Simon Cowell says his engagement to Mezhgan Hussainy is off — and the relationship is as well, in a way.

"It's quite a complicated relationship. We have had a break from each other, and we are still incredibly close," Cowell tells the Sunday Mirror.

"I'm vulnerable. It's not on, it's not off, it's somewhere in the middle. I don't know if I will ever get married, but I am happy."

As for his gushing about Hussainy being "the one" during an interview with Piers Morgan when the couple was first engaged, Cowell says, "I have been pretty good about not talking about my private stuff, but I got caught up in the moment." METRO

Simon Cowell

5,000 miles apart?

With reports of trouble in their 14-year relationship, Johnny Depp and Vanessa Paradis have reportedly been living apart this week — 5,000 miles apart, according to People magazine. While Depp has kept a low profile in Los Angeles, Paradis has been spotted in Paris shopping and prepping for the premiere of her new film, Café de Flore. Earlier last week, Paradis stopped into a department store to pick up some DVDs, including the Marilyn Monroe classic The Seven-Year Itch. METRO

Johnny Depp

Health scares of the stars

K-Fed suffers 'mini heart attack' Tracy Morgan collapses in Utah

ALL PHOTOS GETTY IMAGES

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

The Australians must be desperate.

They've flown Kevin Federline, 33, all the way to their country to star in their weight-loss reality show, Excess Baggage (because, apparently, Celebrity Fit Club worked out so well for him).

But the Aussie show's workouts were too much for the former dancer/chronic egg fertilizer, and, according to local reports, his heart went "PopoZão" and he was rushed to a hospital with chest pains. It was so severe that, according to reports, Federline suffered a "mini heart attack" (which sounds like an oxymoron if there ever was one).

Tracy Morgan

Meanwhile, on the other side of the world, Tracy Morgan was also rushed to the hospital in Park City, Utah on Monday, after he collapsed at the Creative Coalition Spotlight Awards.

A source told the Hollywood Reporter that at the function, "Morgan seemed inebriated, yelling and falling onto the ground."

I know what you are thinking and no, it was not booze. It was the altitude that felled the 30 Rock star.

Per his rep: "From a combination of exhaustion and altitude, Tracy is seeking medical attention. He is with his fiancé and grateful to the Park City Medical Center for their care. Any reports of Tracy consuming alcohol are 100 per cent false."

This is one of those rare occasions that a PR statement is true: The hospital reports that Morgan did not have alcohol or drugs in his system when he was admitted.

Kevin Federline

Klum and Seal: Yup, it's over

Heidi Klum and Seal have confirmed that they are separating after seven years together, according to People magazine.

"While we have enjoyed seven very loving, loyal and happy years of marriage, after much soul-searching we have decided to separate," Klum says in a statement.

"We have had the deepest respect for one another throughout our relationship and continue to love each other very much, but we have grown apart. This is an amicable process, and protecting the well-being of our children remains our top priority, especially during this time of transition." Seal and Klum are parents to Leni, 7, Henry, 6, Johan, 5, and Lou, 2. METRO

Heidi Klum and Seal

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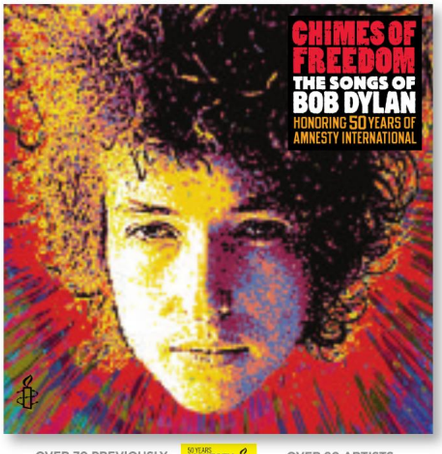

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World of eye care can be confusing

Learn the difference between a sight test and a full eye exam And research before you go

CELIA MILNE
LIFE@METRONEWS.CA

ISTOCK PHOTOS

▶ Before you get an eye exam, do some research first.

Your eyes need health check-ups, too.

But how do you navigate the world of optometrists, opticians and ophthalmologists? Most of us aren't clear on who does what.

"It is a source of confusion in the public," says Dr. Riaz Ahmed, an optometrist in Calgary.

Here's how he explains it: Opticians are the people who sell you glasses and contact lenses, optometrists are your primary eye-care provider and ophthalmologists treat serious eye diseases and do eye surgery.

Ahmed recommends eye exams every two years for most adults.

If you are young (under 19) or older (over 65), you should get an eye exam every year. A recent study that examined patterns among more than 130,000 Canadians found that only 40 per cent saw an eye-care provider in the previous year.

"If you go get an eye exam, make sure it is either with an optometrist or an ophthalmologist."
DR. RIAZ AHMED

Make sure you go to someone who is qualified in eye health.

"If you go get an eye exam, make sure it is either with an optometrist or an ophthalmologist," he says. "A sight test at an optician is not a full eye exam."

Optometrists like Ahmed have been to university for a minimum of eight years.

They do routine eye exams and deal with common eye problems such as infections or a foreign object in the eye.

They can manage, on a regular basis, eye problems resulting from diabetes or glaucoma.

An ophthalmologist has the most education, including a Bachelor degree, four years of medical school, plus a residency in the specialty.

Health

A new website — myhealthtips.com — features collaborative work between a Canadian doctor and Terry Jones of Monty Python, shown, that blends humour and health advice. The collaboration between the Canadian cancer specialist and the British comedian has led to a series of videos that combine laughs with practical health advice
THE ASSOCIATED PRESS

If you can climb stairs, you can have sex, says AMA guidance for heart patients

Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

Check out our Swap & Drop Diet I talked in my last column about our new diet book, Swap & Drop, which is full of ideas for small changes you can make that add up over time to lost pounds.

This week, I want to let you in on some details in the book's section on dining out.

We all end up in a drive-through, a mall food court or a family restaurant at some point during the week.

These places can be danger zones if you're watching your weight, so we thought it would be super helpful to provide nutritional information about restaurant menus to help you choose what to order. We studied the menus at 10 chains across Canada — Boston Pizza, East Side Mario's, Harvey's, The Keg, KFC, McDonald's, Starbucks, Subway, Taco Bell and Tim Horton's — and made some surprising discoveries. For example, one of these places has a bruschetta that contains 1,145 calories and 59 grams of fat.

We all end up in a drive-through, a mall food court or a family restaurant at some point during the week.

The swap at that restaurant?

A shrimp cocktail with just 127 calories and 1 gram of fat.

At a coffee chain, the raisin bran muffin has more than 400 calories and 13 grams of fat. The swap, if you're looking for a treat with your coffee, is the cookie with fruit and nuts; you'll cut the calories and fat almost in half.

And then there are breakfast sandwiches. At one chain, a sausage, egg and cheese on a biscuit has almost 600 calories and 37 grams of fat. Choose a ham, egg and cheese on an English muffin and save 300 calories and 25 grams of fat. That kind of change really adds up to make the difference on your bathroom scale.

These are just a few highlights of the Swap & Drop Diet book, which is $29.95 and available wherever books are sold, and at besthealthmag.ca/swap.

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THE CANADIAN PRESS H/O

Easy Seafood Linguine

Preparation:

1. In pot of boiling water, cook pasta until al dente. Drain and keep warm.
2. Heat olive oil in frying pan and sauté garlic 3 mins. Add chili flakes and breadcrumbs; cook 1 min. Add clams with liquid, shrimp, oysters and white wine; cook for another 2 mins. Toss seafood mix with pasta, add parsley and season with pepper. Garnish with extra breadcrumbs. **THE CANADIAN PRESS/ CLOVER LEAF**

Ingredients:

- 500 g (1 lb) linguine
- 50 ml (1/4 cup) olive oil
- 3 cloves garlic, finely chopped
- 50 ml (1/4 cup) breadcrumbs, plus extra
- 2 ml (1/2 tsp) chili flakes
- 1 can (142 g) baby yellow clams, undrained
- 1 can (106 g) medium shrimp, drained
- 1 can (133 g) Pacific oysters, drained
- 50 ml (1/4 cup) white wine
- 125 ml (1/2 cup) coarsely chopped parsley
- Cracked black pepper

Hong Kong eatery a hit & miss

Some of Sun Fortune's dishes were spot-on, others left much to be desired

LUNCH RUSH

SVJETLANA MLINAREVIC
FOOD@METRONEWS.CA

They say the Year of the Dragon is to bring unpredictable results for 2012 and it looks like they might be right.

I went to Sun Fortune Restaurant for lunch, hearing that it had authentic Hong Kong cuisine. My family lived in Hong Kong for five years and I was hoping to have found a true Cantonese restaurant in the city. What I got was as unpredictable as this year is projected to become.

I had the BBQ with Wonton Noodle Soup ($9.50), a hearty soup bowl of firm curly noodles, tender duck and pork in a flavourful broth. Also very tasty was the Eggplant Yee Mein with Chinese Anchovy and Ground Pork ($11.95), a chef's specialty.

Disappointingly, I also ate the Chinese Vegetables ($9.95), which were fibrous; the Sweet and Sour Shrimp ($12.95), an unimaginative dish drenched in bottled sauce; and oily Spring Rolls ($1.25).

Although my meal was hit and miss, I hope my year will be more balanced. Gung Hay Fat Choy!

SVJETLANA MLINAREVIC

▶ BBQ with Wonton Noodle Soup.

Sun Fortune Restaurant
15-2077 Pembia Hwy.
269-6868
Reservation: Yes
Social lunch: Yes
Co-worker lunch: Yes
Price range: $1.95 - $58.59
Rating: 3 out of 5

Make health statement with light salmon dish

MATTHEW MEAD/ THE ASSOCIATED PRESS

Roasted Salmon & Lentil Salad

▶ This recipe serves 10.

Preparation:

1. Coat a large rimmed baking sheet with cooking spray; set aside. Bring a pot of salted water to boil. Add lentils and boil for 12 to 15 minutes or until tender but firm. Drain well and set aside.
2. Place salmon, skin down, on prepared baking sheet. Rub with garlic. Place dots of butter all over surface of salmon, then sprinkle with salt and black pepper. Bake in 200 C (400 F) oven for 15 minutes or until just the centre is slightly translucent.
3. Meanwhile, in a bowl, gently mix together cooked lentils, lemon rind and juice, orange segments, pomegranate seeds, coriander, cilantro and hot sauce. Season with salt and black pepper.
4. In a small bowl, stir together creme fraiche and orange juice.
5. Place salmon on a large platter and arrange lentil salad around salmon. Drizzle with creme fraiche sauce. **THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. VISIT EMILYRICHARDSCOOKS.CA)**

Ingredients:

- 500 ml (2 cups) green lentils
- 1 side of salmon, skin on about 1.8-kg (4-lb)
- 1 clove garlic, minced
- 30 ml (2 tbsp) butter
- Salt black pepper
- 10 mL (2 tsp) grated lemon rind
- 45 mL (3 tbsp) lemon juice
- 3 oranges, peeled and segmented
- Seeds of 1/2 pomegranate
- 5 ml (1 tsp) coriander
- 50 ml (1/4 cup) chopped fresh cilantro
- Splash of hot sauce
- 1 tub (250 g/8 oz) creme fraiche
- 60 mL (1/4 cup) fresh orange juice

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CHINESE NEW YEAR 101

CHARLES THE BUTLER

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ISTOCK

As some of you know, I have just completed another 18-day Asian tour, which took me to Shanghai, Bangkok, Manila and Hong Kong, before returning to Toronto. So what does this have to do with today's column?

Well, it's the start of Chinese New Year and I thought this would be the perfect opportunity to learn how we acknowledge another culture's holiday.

Firstly, there is absolutely nothing wrong with asking someone from a different faith, background or nationality the meaning of and how he or she celebrates a particular holiday.

So, with the start of Chinese New Year, how do the Chinese celebrate their new year's holiday and how should others acknowledge this important holiday?

Although some Chinese people will greet each other with a traditional phrase, it is absolutely fine for people of another culture to say "Happy New Year."

Now, if you see people receiving a red envelope, don't panic. You don't need to do anything.

Traditionally, when youngsters come to wish the seniors good health, a red envelope with small amounts of money inside is given to the children to wish them good luck and good fortune in the new year.

You are neither expected nor required to give a gift of any kind.

However, if you feel compelled to give something, sweets to symbolize a sweet year, and/or oranges, are always a good thing. If you are going to wrap the present, ideally it should be wrapped in something red and gold, which are the traditional colours of the holiday.

Now, as my dear friend from Peninsula Hotel in Shanghai said upon my departure last week, "I wish you a Happy Chinese New Year, Mr. Charles, and a wonderful year of the Dragon!" I couldn't have said it better myself.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

CARPE DATE 'EM, CARPE DIEM

TWO SISTERS

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

Hello Claire and Andrea,
I am in my early 30s and I am a single guy. I feel very lonely, like my life is passing me by. At times I feel jealous to see people older and younger than me getting married and I do not know what to do about it. I am always told I am too nice and I am shy with girls as well. I do not know how to reach out to people using technology. I would rather someone take the initiative or be face to face. How do I go about this when at times I feel like I am losing people or friendships?
Danny

Andrea: Dear depressed Danny,

I've learned that any transformation worth going through comes with its share of pain. Right now you're going through yours, and I hope that it pushes you to stand up for yourself and to believe that you are also entitled to a loving relationship.

Holidays can bring on the blues, but the new year is all about new beginnings. Get excited about where you're going. Put in the work to improve yourself and your outlook.

No one will make it happen for you, but once you're successful in achieving your goal, you'll be happy that you went through it.

Claire: Dear depressed Danny,

You're right, technology can make forming friendships harder, not easier. But dating sites are the exception.

Make peace with your keyboard and try setting up a dating profile for at least three months — you can exchange emails with people you're interested in, but remember to sound (and stay) positive.

There are lots of people who feel lonely out there, and who would love to meet someone like you.

Also, try to engage in group activities: join a running club, volunteer somewhere, do things you enjoy.

Trust me, you'll find love or love will find you, so that one day you'll look back on these days of freedom and independence with longing.

Carpe date 'em, carpe diem!

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

ISTOCK

▶ This guy is just asking for trouble. There could be a light post waiting for him around the corner.

Do you text and walk at the same time?

NATE JONES
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Have you ever bumped into a light post? Tripped on a trash can? Stumbled upon an old friend, literally?

If so, you may have a texting-while-walking problem.

Filmmaker Casey Neistadt explores these issues and more in a hilarious documentary for the New York Times, Texting While Walking: A Dangerous Game.

In it, Neistadt gives a series of scientific illustrations demonstrating exactly how harmful (not to mention annoying!) walking and texting can be.

"Let's stop acting like hollowed-out zombies, with BlackBerrys and iPhones replacing eye contact, handshakes and face-to-face conversations," Neistadt writes in the accompanying article.

"It's time to live once again in the present and simply be where we are."

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Make it a less taxing time of year

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Having been the host of Maxed Out, a lifestyle television show, I know that good things often come out of the episodes and sometimes those good things can be a surprise.

The first episode of Million Dollar Neighbourhood, which aired Sunday on the Oprah Winfrey Network, is aiming to raise the net worth of 100 Aldergrove, B.C., families by a total of one million dollars over 10 weeks.

Every week, the community will strive to save $100,000, or an average of $1,000 per family, through a variety of means including bartering or pitching in to renovate the home of a needy family.

Most people have fat marbled throughout their spending in everything from cellphone bills to fast food fixations.

But Million Dollar Neighbourhood's first show took a slightly different tact by recovering money that had already been spent.

Cha-ching!

What would you do with a tax windfall?

- **10 per cent** of the Million Dollar Neighbourhood families who received a tax windfall said they'd use it for shopping or a vacation, which would decrease their net worth.
- **86 per cent** said they'd either save it or pay down debt. Both of which would increase net worth.

HANDOUT

▶ Million Dollar Neighbourhood co-hosts Bruce Sellery and Dr. Joti Samra. The show airs Sundays on OWN.

A tax team from H&R Block did a second look review of the families' tax returns. Astonishingly, they found errors or missed deductions in nearly a third of them. The refunds ranged from $100 to $10,000, in total more than $50,000.

I was curious at the number of filing mistakes, so I asked Cleo Hamel, senior tax analyst for H&R Block Canada, about her conclusions.

"In general, I think people get complacent and follow the same tax routine as the previous year because it is easy. A change in their income from year to year is something they take note of but understanding how to use, for example, medical expenses to their advantage requires a little more work. Or they are unsure of whether they qualify for a credit and fail to followup."

"People make many mistakes filing taxes. Take extra time to keep money in your pocket."
-ALISON'S MONEY RULE

You may not be able to avoid death or taxes but with a little vigilance you can lessen the impact of the government bite.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

PROTECT YOUR IDENTITY

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

I was speaking at a conference last week and the subject of insurance protection for identity theft came up in the Q & A portion of my talk.

I'm not a huge fan of this type of insurance because I believe there are far more effective ways to protect your identity than paying $15 per month to have an institution register your credit cards and monitor the activity.

Sometimes this type of insurance only covers the legal fees associated with having your identity stolen; often in excess of $10,000.

Insurance coverage cannot prevent identity theft; it only helps to detect it and cover losses associated with it.

You are the best form of insurance to protect your identity. The top five ways to ensure no one steels your identity are:

1. Don't leave your bank statements, credit or banking cards in places where someone could steal the information.

If you're using a shared computer at a library or coffee house to do your banking, clear the computer's history before you leave the terminal. Do not lend your banking cards to anyone; even a close friend.

2. Protect your passwords. When you enter in a pin number for a purchase, cover the key pad while you press the digits.

If you bank online or use sites like PayPal for purchases, change your passwords regularly.

The government of Canada has focused significant attention on this issue in recent months.

Check out their Cyber Security Strategy at publicsafety.gc.ca. Go to 'national security' and then click on 'cyber security'.

3. Shred any documentation that has personal information such as your name or address on it.

This includes letters sent for advertising purchases. You can buy a shredder for $20 at your local office supply store.

4. Read your bank statements and monitor your account activity for a minimum of 10 minutes each week.

If you see anything that looks fishy, call your bank immediately.

5. Check on your credit score regularly to ensure there are no items you don't recognize on it. If there are, contact the credit bureau immediately to have the issue investigated and resolved.

There are two credit bureaus in Canada — Equifax (equifax.ca) and TransUnion (transunion.ca).

You can request a free copy of your credit score by visiting their websites (it will arrive by mail).

Finally, if you think your identity has been stolen, you need to talk to law enforcement officials and a lawyer.

Are you tired of the balancing act?

Balancing the uncertainties of life can be overwhelming. Visit mnpdebt.ca today and find out how we can restore financial stability to your life.

For a FREE, confidential consultation, call Gord Neudorf or Ken Zealand at 204.336.6167 or:

Winnipeg (Polo Park):
301-1661 Portage Avenue*

Or one of our 2 other locations in Winnipeg.

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4 sports

Jets preview

Winnipeg at N.Y. Rangers
6 p.m.
TV: TSN-Jets

The Jets (22-20-6) head to New York (30-12-4) for their second game in two nights. The Rangers have won seven of their last 10 games. Marian Gaborik scored twice to give New York a 3-2 win over the Bruins on Saturday. Gaborik leads the Rangers with 25 goals. Ryan McDonagh left the game after his head was driven into the boards by Andrew Ference, who received a three-game suspension for the hit. McDonagh is questionable for tonight's game.

THE CANADIAN PRESS

Scan code for more sports.

GERRY BROOME/THE ASSOCIATED PRESS

▶ Carolina's Jeff Skinner tries to score as Blake Wheeler, left, and Randy Jones defend on Monday night.

Hurricanes stay red hot at home

Carolina now 8-2-1 in last 11 home games after beating Jets

The Carolina Hurricanes are starting to play much better than their place in the Eastern Conference standings might suggest.

Jeff Skinner and Tim Brent scored first-period goals for the Hurricanes, who held off the Winnipeg Jets 2-1 on Monday night.

Carolina, which played for the third time in four nights, is 8-2-1 in its last 11 home games. The Hurricanes will now have a week off for the all-star break. They are 12th in the East, just two points ahead of last-place Buffalo.

"We have been playing well lately, and it's probably a good time for our guys to recharge from what's happened at the beginning of the year to now," said coach Kirk Muller, who is 10-11-5 since taking over on Nov. 28.

"After three games in four nights you could see us losing our legs, but they found a great way to battle and pick up points. It will be a well-deserved break for them."

CANES	JETS
2	1

The Hurricanes, who lost their previous three games to Winnipeg this season, took advantage of a shaky start by Jets goalie Chris Mason, who finished with 14 saves in his 300th NHL game.

Winnipeg coach Claude Noel said his defence didn't do enough to support Mason.

"Our goalies have been really good," Noel said. "It's going to happen some games. That's the way it goes. You just hope your team can help the goalie out."

Kyle Wellwood scored at 13:47 of the second period, but Winnipeg fell to 3-7-1 in its last 11 games.

Cam Ward stopped 29 shots for his 18th win.

Skinner opened the scoring 3:55 in the contest when he got his own rebound and flicked a shot past Mason. Brent sent a shot from the left circle that found its way between Mason's pads at 9:28 to make it 2-0.

"I felt good out there," said Skinner, who played in his fifth game since missing 16 because of a concussion. "I think the compete level has been a lot better (for the team). This stretch at home, we've been skating hard and competing.

"Even in the games we haven't won, we've been in them and they've been one-goal games. It's a lot better feeling in the locker room when you play that way."

Since giving up four power-play goals in five chances at Nashville on Jan. 7, Carolina has gone eight games without allowing one. The Hurricanes allowed two power-play chances to Winnipeg and killed both to run their string to 15 straight.

"It's nice to go into the break on a good note," Ward said. "Tonight was another great night for our defence."

The Hurricanes were held without a shot for more than 11 minutes of the third period. Carolina finally got a shot in on Mason during a power play.

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Djokovic moves on, Serena done in Australia

Novak Djokovic showed the first signs of vulnerability at the Australian Open on Monday but still held off Lleyton Hewitt to reach the quarter-finals in Melbourne.

American Serena Williams can't say the same in the women's event, though.

Djokovic, the defending men's champion, held his composure to defeat Hewitt 6-1, 6-3, 4-6, 6-3.

"It's obviously the first match that I've been tested," Djokovic said. "It was against the player that I expected to be tested."

Numbers told the surprising story for Williams in her fourth-round loss. She had seven double-faults, including four in one game; 37 unforced errors, and a first-serve percentage of just over 50 per cent.

After her 6-2, 6-3 loss to Ekaterina Makarova, Williams admitted she was still playing on a sore left ankle which she injured in Brisbane two weeks ago.

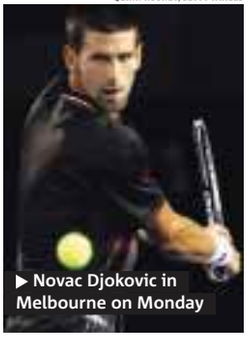
Djokovic has reached the quarter-finals for the fifth straight year with the win over Hewitt, ending Australia's participation in the singles draws.

"Lleyton was playing in front of his crowd. Obviously, he loves competing against the top guys on the big stage, and he proved it again," Djokovic said.

Djokovic is aiming to become only the fifth man in the Open era to win three consecutive majors after collecting the Wimbledon and U.S. Open titles last year.

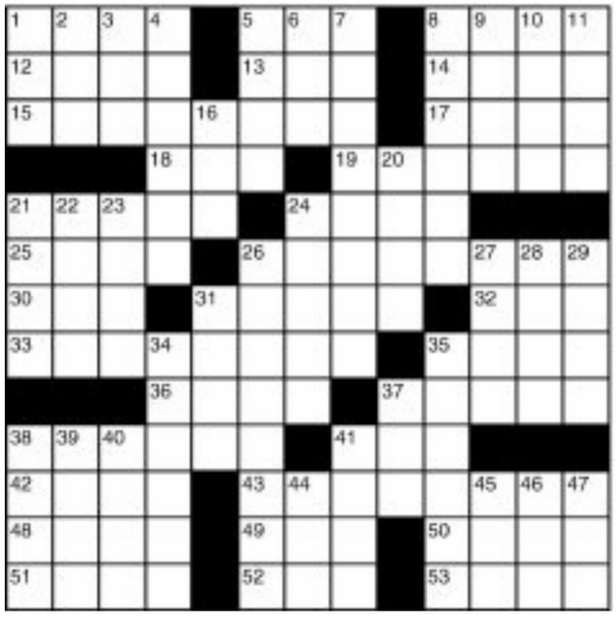
THE ASSOCIATED PRESS

QUINN ROONEY/GETTY IMAGES



▶ Novac Djokovic in Melbourne on Monday

Crossword



Across

1 Pinnacle
5 "Eureka!"
8 — Minor
12 Tibetan monk
13 Bookspine abbr.
14 Night light?
15 Pillages
17 Entanglement
18 Atmosphere
19 Whoppers' toppers
21 Home
24 Smile
25 Humdinger
26 WWI field famous for poppies
30 Math course
31 Actress Massey
32 "Boy, am I stupid!"
33 Bad-mouths
35 Tower city
36 Sly
37 Caulking material
38 Eyelike spots
41 Crazed
42 Ashen
43 Peripheral-vision thwarters
48 Cold War abbr.
49 Allow
50 Welsh veggie
51 Cows and sows
52 Dine
53 Jealousy

Down

1 Matterhorn, e.g.
2 Chum
3 Ostrich's cousin
4 Citizen Kane's estate
5 State with certainty
6 Not vert.
7 Losers
8 Nasty
9 Nevada city
10 Any time now
11 Picnic invaders
16 Conk out
20 1492 craft
21 "Sad to say ..."
22 Matador's foe
23 Gymnast Korbut
24 Splendor
26 Not stiff
27 Tend texts
28 Oxidize
29 Horse-drawn carriage
31 Pedestal occupant
34 Pro QBs, e.g.
35 Small pool
37 Skillet
38 Piece of work
39 Money
40 Otherwise
41 Catcher's glove
44 Meadow
45 Still, in verse
46 Gun the engine
47 Firmament

▶ Monday's answer

Sudoku

		6				7		
	5	2	7		4	8	6	
8	7						3	5
			5	9	2			
				4				
			6	1	3			
1	2						9	6
	9	4	3		6	1	7	
		8				3		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ▶

3	4	9	7	2	5	6	1	8
7	8	5	1	3	8	4	2	9
6	2	1	9	4	6	3	7	5
5	3	7	8	6	1	9	4	2
2	1	4	3	5	9	7	8	6
9	8	6	2	7	4	1	5	3
1	7	3	5	9	2	8	6	4
4	5	8	6	1	3	2	9	7
6	9	2	4	8	7	5	3	1

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

Matthew
Thank you for always being there for me. It means so much to me to have you by my side through everything that has happened the last year. I love you so much <3
FROM JESS

Ryan Bouchard
Hey baby! I love you soooo much! you always brighten my day! There are times when I feel like I can't live without you. You are the one I think about and have dreamt about for a long time. **FROM CHELSEA FISH**

my handsome knight
My heart is aching for you , I am so sad that the last words you heard from me was I HATE YOU NOW....I did not mean it, I was so hurt, I felt betrayed and abandoned but I really know better and I UNDERSTAND MORE THAN YOU KNOW....YOU ARE IN MY SOUL FOREVER TILL THE END OF TIME.....
FROM YOUR LADY

A look at the weather

TUESDAY	WEDNESDAY	THURSDAY
Min -20°	Min -2°	Min -8°
Max -6°	Max 3°	Max -1°

BT BREAKFAST TELEVISION

Jenna Khan, Weather Specialist
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 5:30 AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
You have never been a stranger to hard work but now that Mars, your ruler, is turning retrograde in the wellbeing area of your chart you should perhaps slow down a bit.

♉ Taurus April 21-May 21
It won't be long before you are back to your best and raring to go.

♊ Gemini May 22-June 21
You may have to own up to something a bit embarrassing today but rather that than deny it and get caught out later on.

♋ Cancer June 22-July 22
Go out, have a good time and meet as many interesting and influential new people as you possibly can.

♌ Leo July 23-Aug.23
Something will catch your eye today and you won't be happy until you have made it your own.

♍ Virgo Aug. 24- Sept. 22
There are so many new opportunities coming your way at the moment, but you must not take your good fortune for granted.

♎ Libra Sept. 23-Oct. 23
If you find it hard to get your act in gear today you should take that as a sign and stop trying so hard.

♏ Scorpio Oct. 24-Nov. 22
A certain individual may seem a bit boring but if you make an effort to get to know them today you may find you have a lot in common.

♐ Sagittarius Nov. 23-Dec. 21 Whatever challenges you are faced with at the moment, at home or at work, you have no intention of letting them overwhelm you.

♑ Capricorn Dec. 22-Jan. 20
You know that your beliefs are right but how do you convince other people of that fact? You don't.

♒ Aquarius Jan. 21-Feb. 18
Try not to be too critical of other people today.

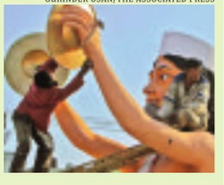
♓ Pisces Feb. 19-March 20
You may find it hard to be nice to someone today.

SALLY BROMPTON

Caption contest

JACQUES BRINON/THE ASSOCIATED PRESS

GURINDER OSAN/THE ASSOCIATED PRESS



WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Wednesday's Metro.

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Conditions: Fare/Terms may vary. Prices are per person for return travel unless otherwise stated. Promotion subject to availability at advertising deadline. Some blackout dates and restrictions may apply. Seat sales are limited, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. ts=transat, wg=sunwing. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations ONT. REG#4671384 TICO

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2. Only one partner has difficulties throwing things away
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